



Howard County

RECREATION & PARKS



NORTH LAUREL COMMUNITY CENTER

2018 Winter Classes & Activities

www.howardcountymd.gov/NLCC



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This content is neither sponsored nor endorsed by HCPSS.



General Information

Staff

Facility Director

Matt Madera..... 410-313-0456

Assistant Director/Rental Coordinator

Tessa Hurd..... 410-313-0457

Program Coordinator

Ashley Jones..... 410-313-0458

Center Registration..... 410-313-0390

Center Info Line..... 410-313-4452

Fax..... 240-568-3030

Hours

8 AM-9 PM, Monday-Saturday; 9 AM-6 PM, Sunday

Closed: Dec 25, Jan 1, Apr 1

Closing at 5 PM: Dec 24 & 31

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9411 Whiskey Bottom Road, Laurel, MD 20723

www.howardcountymd.gov/NLCC

How to Register

Online: www.howardcountymd.gov/rap

Phone: 410-313-0390

TTY: 410-313-4665

Mail: Howard County Recreation & Parks
7120 Oakland Mills Road
Columbia, MD 21046

Walk-in: North Laurel Community Center
9411 Whiskey Bottom Road, Laurel
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)

Refund Policy

We recognize that you may wish to withdraw for a variety of reasons, but our policy encourages early decisions so as to not affect other customers or our ability to efficiently deliver the programs. At a minimum, all refund requests are subject to a 20% administrative fee. Additional fees may be assessed to recover costs associated with the program. Class programs require at least two weeks advance notice of withdrawal to avoid the additional fees. Trip refunds may reflect pre-paid admissions; but the option to transfer your ticket may be considered. Competitive sport program time frame for refunds reflects planning time and team selections; check refund details on website. There are no refunds for missed sessions.



Stop by the North Laurel Community Center for a Drop-In game of ping pong.

Drop-In Fun

Children 15 years and under require adult supervision in the facility. Children 12-15 years old require adult supervision in the facility, except during after-school TeenZone program (Center Membership required). For info and to confirm time, call 410-313-0390 (N. Laurel), 410-313-4840 (Gary J. Arthur) or 410-313-2764 (Roger Carter).

Basketball

(Family, 16 yrs + & 50 yrs +)

Join other athletes of all ability levels. Games are self-officiated.

16 yrs +	6-7pm	Tu
50 yrs +	10am-noon	M,W

Billiards (18 yrs +)

Rack'em up and come play some pool!

10am-2pm Tu

Lil' Rascals Recess

Bring your little one indoors to play with a variety of sports equipment, push toys, hula hoops, tunnels, and other gross motor skill activities.

9:30-11:30am Tu Sep-May

Pickleball (16 yrs +)

Learn and practice your pickleball skills. This sport is fun and combines elements of tennis, badminton and ping pong.

16 yrs + 9am-noon W,F

Ping Pong (16 yrs +)

Are you a menace at table tennis?

All Ages 6-8:30pm W,Th

All Ages Noon-4pm Sa

TeenZone

Shoot hoops, play billiards, ping pong, and games, or just hang out!

12-15 yrs 2:30-5:30pm M-F

Volleyball (Family & 16 yrs +)

Join other athletes of various ability levels. Games are self-officiated.

16 yrs + 5:30-7pm Th

Special Events

February

Mommy-Son Valentine's Dance

Make your Valentine's day one to remember! Mothers (or special adults) and sons are invited to an evening jam-packed with fun to include refreshments, live DJ, dancing, games, crafts, a souvenir photo and ice cream sundae bar. Inclement weather date is February 17. Preregistration is required.

Registration/Info: 410-313-0390.

3-12 yrs \$40, center members (1 child & 1 adult);

\$20 for additional daughter

\$50, nonmembers (1 child & 1 adult);

\$25 for additional daughter

RP4401.601 Feb 3 5:30-7:30pm Sa



Jam out over winter break at Learn Now Music: Ultimate Music Camp.

Pre-K (0-5 yrs) Classes & Activities

Adventures in Learning

- Info: Cindy Ochs, 410-313-468 or cochs@howardcountymd.gov.

My First School

This program is designed to help children make a successful transition to an independent experience. Children develop social skills while exploring the alphabet, games, music, movement, and art with a different theme each week. Fee includes snack. Pay a \$45 non-refundable deposit to hold a spot for the second session. (No class 1/15, 1/24, 1/25, 2/19.)

2 yrs 9 mos-3 yrs, 10 mos Classes: 12

RP3202.603	Jan 2	10am-noon	Tu,Th	\$195
RP3202.604	Feb 20	10am-noon	Tu,Th	\$195

Step into School

This specialized program is designed to help your child get ready for kindergarten. Daily activities include writing workshops, reading readiness and math skills. Activities support school curriculum goals and encourage socialization and independence. Special themes help make learning fun! Fee includes snack. Pay a \$45 non-refundable deposit to hold a spot for the second session.

Enter “Steps” online or when you call to receive \$5 off your tuition! (No class 1/15, 1/24, 2/19.)

3 yrs, 9 mos-4 yrs, 9 mos Classes: 10

RP3221.603	Jan 8	9:30am-noon	M,W	\$175
RP3221.604	Feb 26	9:30am-noon	M,W	\$175

Youth (5-10 yrs) Classes & Activities

Music

- Info: Scott Corning, 410-313-4622 or scorning@howardcountymd.gov.

Learn Now Music: Ultimate Music Camp

Learn Now Music introduces a variety of musical instruments and concepts including piano, guitar, violin, drums, voice and movement. Campers, participate in musical games, crafts, musical listening excerpts and related projects. Get a t-shirt and camp bag. Free instrument rentals provided for in-camp use and at-home exploration. Instruments must be returned at the end of the week. Both morning and afternoon sessions are supervised during a lunch break.

5-11 yrs

RP3934.601	Dec 26	9am-1pm	Tu-F	\$229
RP3934.602	Dec 26	1-5pm	Tu-F	\$229



Strengthen your skills and confidence drawing with different media at Drawing Techniques.

Teens & Tweens (11-18 yrs) Classes & Activities

Crafts & Fine Arts

- Info: William Banks, 410-313-4609 or wbanks@howardcountymd.gov.

Drawing Techniques

Strengthen your drawing skills as you focus on different media including graphite, charcoal, colored pencils, pastels and watercolor pencils. Techniques include modeling, color transitions, gesture style, blending and wet-on-dry. Materials are provided but you are encouraged to bring a sketchbook. (No class 2/17.)

11-17 yrs Classes: 5

RP2851.601 Jan 27 10:30am-noon Sa \$69

Painting for Teens

Work in acrylics to learn or master color mixing, brush work and how to “build” a painting rich with texture and color. The instructor does a demo painting each week and works with you one-on-one. Previous experience not necessary. Materials included. (No class 4/7.)

11-17 yrs Classes: 5

RP2853.601 Mar 17 10:30am-noon Sa \$89

Leadership

- Info: Ovan Shortt, 410-313-4648 or oshortt@howardcountymd.gov.

Howard County Teen Clubs

Join a diverse group of teens to represent the youth of Howard County and promote programs and events at the community centers across the county. Bring your creative ideas and help develop new activities for teens. Monthly meetings focus on developing leadership, social networking and marketing skills. Earn service-learning hours at the meetings and events. Attend four or more meetings and receive a free center membership.

11-16 yrs Third Friday of the month

RP2880.503 Jan 19 4:30-6pm F Free

*To register for a class or event,
visit www.howardcountymd.gov/rap or
call 410-313-0400.*



Learn the History of Photography as an art form through the years.

Adults (18 yrs +) Classes & Activities

Drawing

• Info: Danielle Bassett, 410-313-4634
or dbassett@howardcountymd.gov.

Drawing 101 with Ann Wiker

Focus on a variety of drawing approaches, from the realistic to the abstract. Special attention is given to the area of portraiture. Beginners, learn the basics of drawing, including exercises that appeal to both technical and creative components. Intermediate and advanced participants, receive individualized instruction as you work to improve and refine their skills. Materials list provided on ActiveNet.

18 yrs + Classes: 3

RP0214.601 Jan 17 9:30am-noon W \$59

Photography

• Info: Danielle Bassett, 410-313-4634
or dbassett@howardcountymd.gov.

NEW! History of Photography with Ann Wiker

Pablo Picasso once said, "I have discovered photography. Now I can kill myself. I have nothing else to learn." Yet the camera was not always seen as a tool for artists. This class explore the history of photography as an art form, from when it was first used as a "tool of science" and for documentation through the acceptance of photography as fine art (in the mid 1850's) the styles of photography, up to contemporary photography and the many ways it can be manipulated. Photographers like Edward Weston, Man Ray, Alfred Stieglitz, Dorothea Lange and Berenice Abbott are featured.

18 yrs + Classes: 1

RP0211.601 Jan 19 9:30-11:30am F \$25



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Try a new dance style that combines fitness and fun at Bend it Like Bollywood.

NEW! Hands-On Photography:

How to YouTube Your Photos

Share your stories with a wide public or your friends and family. Add panning and zooming, music and narration to save your photos and project your memories and ideas. Bring in your photos, videos and sounds to create your personalized project you can share online and with DVDs. Bring your laptop or use one of the instructors for a \$10 lab fee.

18 yrs + Classes: 3

RP0207.602 Mar 6 7-9pm Tu \$56

Travel

• Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

How to Travel Inexpensively

with Ken Greco

Learn secret tips from an experienced traveler. Ken Greco has traveled the world professionally and for pleasure for the past 45 years. Discover how to get the most of your travel money including secrets on hotels, rental cars, cruises, airline and rail travel. The course covers travel in the USA, Caribbean, and Europe, advantages and disadvantages of escorted tours, self-planned trips, and virtual planning.

18 yrs + Classes: 2

RP3419.601 Feb 7 7-9pm W \$75

Fitness

• Info: Amy Patton, 410-313-4718.

Please bring a reusable water bottle to class.

AAA/Triple Threat

with Robin Robinson

AAA/Triple Threat is a complete and total body workout but targets three of your most valuable assets... your Arms, Abs and Ace (Gluteus Maximus)! Melt body fat, get a tighter core, toned arms and a firm bottom. Accelerate your workout and maximize your results in 30 minutes. Suitable for all fitness levels.

18 yrs +

RP8551.621 Classes: 11 Jan 9 6-6:30pm Tu or Th \$55

RP8551.622 Classes: 22 Jan 9 6-6:30pm Tu,Th \$110

NEW! Bend it Like Bollywood

with Sharanyaa Pathumudi

Bend it Like Bollywood (BILB) is a fusion of authentic Indian dance forms and easy-to-do fitness moves designed for all fitness and ability levels. This is workout is fun and effective. BILB combines the beauty and power of dance and fun, fitness moves into a complete body workout, helping you reach your fitness goals and excite you to live a healthier lifestyle. Not sure if this is for you?

Free class on 1/8 through www.freedomfitness.info/ events. (No class 2/19.)

18 yrs + Classes: 8

RP8435.611 Jan 22 7:30-8:20pm M \$64

Cardio Kickboxing

with Robin Robinson

Exercise has never been so much fun! Enjoy a calorie-burning, dance-party, exercise session that combines Tae Bo, aerobics and dance to great music. Come have fun while getting in great shape. Suitable for all fitness levels.

18 yrs + Jan 9

RP8551.601 Classes: 11 6:30-7:30pm Tu or Th \$88

RP8551.602 Classes: 22 6:30-7:30pm Tu,Th \$176

*To register for a class or event,
visit www.howardcountymd.gov/rap or
call 410-313-0400.*



Take the “work” out of “workout” at a fast-paced calorie-burning dance fitness party at Zumba class.

Cardio Kickboxing Plus with Robin Robinson

This cardio kickboxing class is like none other. This class is calorie-burning, dance-party exercise session that combines tae bo, aerobics and dance plus 15 minutes of intense ab workout at the end of class. Come out, get in shape and get a tight core all while having fun! Suitable for all fitness levels.

18 yrs + Classes: 11

RP8551.611 Jan 13 8:15-9:15am Sa \$88

HIIT Workout Party with Royale Fit AAI/ISMA

Are you ready to maximize your workout time while attaining your fitness goal in a fun atmosphere? This workout is designed to propel you to your fitness goal with a High Intensity Interval full body workout guaranteed to burn fat, increase metabolism and strengthen your muscles. Each session consists of 15 minutes of jump rope cardio blast, body weight exercises, muscle toning, core workouts and stretches in a party atmosphere. Get ready to meet the upgraded version of you, full of confident, strong and fit. All fitness levels are welcome. Bring along a jump rope, a mat and 5 or 10 lbs. pair of dumb bell. (Jump ropes are available for sale.)

18 yrs + Classes: 10

RP8550.601 Jan 13 10:30-11:30am Sa \$95

NEW! LaBlast® with Gizelle Merced, SCW

Get ready to sweat through this exciting, cardio program! LaBlast® combines the aerobic footwork of dancing with strength training and weights. It is an interval-based cardio workout that uses several dance styles. Get your heart pumping as you Mambo, Salsa, Merengue, and Rumba your way to fitness! LaBlast® is for all levels and class begins with an intro to the program by providing the foundation and base techniques. As the program progresses, the intensity increases; dances and choreography are expanded; and technique is refined. Not sure if this is for you? **Free class on 1/10.** Register through www.freedomfitness.info/events.

18 yrs + Classes: 10

RP8435.621 Jan 17 7:30-8:20pm W \$80

Zumba

Zumba takes the “work” out of “workout” by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why Zumba® Fitness is exercise in disguise. Super effective? Check. Super fun? Check. Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **Free class on 1/10.** Register at www.freedomfitness.info/events (No class for RP8330.601& RP8225.611 on 1/15; no class for all Monday classes on 2/19.)

18 yrs + With Brandi Harrington Classes: 9

RP8360.602 Jan 20 9:30-10:30am Sa \$108



Calm your body and mind while strengthening the body at yoga.

Active Adults & Fitness

- Info/Fitness Waiver: Curtis Gore, 410-313-7281 or cgore@howardcountymd.gov.

Fitness for Life

with Lori Nowicki, ACE, AFPA

This class, designed for active adults, combines easy-to-follow aerobics, weight and cardio training on Keiser and Precor equipment, free weights, bands, floor exercises, balance training and stretching. (No class 1/15, 2/16, 2/19, 3/30.)

55 yrs + Classes: 17

RP8666.601 Jan 8 12:35-1:50pm M,W \$102

NEW! Yoga 1 Flow

This true beginner class is geared towards those new to yoga or preferring a slightly gentler class. Movements are coordinated with the breath. Time is spent breaking down sun salutations and other poses fundamental to a Vinyasa practice. No prior yoga experience needed.

55 yrs + Classes: 6

RP3515.601 Jan 10 5-6pm W \$42

RP3515.602 Feb 21 5-6pm W \$42

Sports

- Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov (unless otherwise noted).

Tee Ball

Tiny Tykes Tee Ball

Batter up! Nobody strikes out and everyone hits home runs! Our age-appropriate equipment and activities are designed to provide a successful introduction to the skills of batting, catching, throwing, and base running. Parents are encouraged to follow the coach's instructions to assist in the games and activities with your child. (No class 2/16, 2/17, 2/19.)

3-4 yrs Classes: 6

RP6053.602 Jan 30 5-5:45pm Tu \$75

RP6053.604 Feb 1 12:30-1:15pm Th \$75

Basketball

Kiddie Basketball

Come learn the sport of basketball in this perfect introductory clinic. Players work on the fundamental skills of dribbling, passing, shooting, and overall team play in a fun and encouraging environment. Meet in the gym. (No class 2/6, 2/19.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

5-7 yrs Classes: 9

RP6080.617 Jan 18 5:05-6pm Th \$75

After-School Basketball

School's over and it's time to play some basketball. In this clinic, boys and girls learn and develop fundamental skills such as dribbling, passing, shooting, defense and overall team play through activities and games. It is the perfect place to start or to complement one of our basketball leagues. Meet in the gym. (No class 2/6, 2/19.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

8-10 yrs Classes: 9

RP6081.614 Jan 18 4:10-5:05pm Th \$75

*To register for a class or event,
visit www.howardcountymd.gov/rap or
call 410-313-0400.*



Learn the ancient art of karate and jujitsu at D & S Karate.

Lacrosse

Mighty LAXers Lacrosse

This high energy curriculum introduces children to important fundamentals of lacrosse such as scooping, cradling, and shooting. Age appropriate equipment is used to provide children with a safe and fun experience in every LAXers class! Parents are also encouraged to follow the coach’s instructions to assist in the games and activities. (No class 2/17, 2/19.)

3-4 yrs Classes: 6

RP6972.601	Jan 29	1:30-2:15pm	M	\$75
RP6972.606	Feb 1	1:30-2:15pm	Th	\$75

Martial Arts

D & S Karate

Improve coordination, confidence, flexibility, balance, agility and focus while learning the art of karate and jujitsu. Our certified black belt instructors are nationally ranked experts in martial arts with years of classroom experience instructing children in the art of self-defense and personal accomplishment. (No class 1/15, 2/19.)

6-13 yrs Classes: 9

RP8710.601	Jan 8	7-8pm	M	\$52
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Kuk Sool Won w/ Darren Fulmore

Kuk Sool Won is a systematic study of all the traditional fighting arts, which together comprise the martial arts history of Korea. This extremely well-organized class seeks to integrate and explore the entire spectrum of established Asian fighting arts and body conditioning techniques, which consist of kicking, punching, martial acrobatics and self-defense techniques, into a beautiful and dynamic hard/soft style focusing on discipline and respect.

6 yrs + Classes: 22

RP8760.601	Beg.	Jan 9	6:30-7:30pm	Tu,Th	\$72
RP8760.602	Adv.	Jan 9	7:30-8:30pm	Tu,Th	\$72

Multi-Sport

Learn-N-Play Sports

Children, play a variety of age-appropriate sports that help develop large motor and socialization skills in a fun atmosphere! Each week, focus on different activities that combine positive social interactions, good listening skills, taking turns, and teamwork. Activities include bowling, parachute games, sports stations, relay races, and more! Parents are encouraged to follow the coach’s instructions to assist in the games and activities. (No class 2/19.)

3-4 yrs Classes: 6

RP6970.601	Jan 29	12:30-1:15pm	M	\$75
RP6970.602	Jan 30	10:30-11:15am	Tu	\$75



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Stay active this spring break at Ultimate Sports & Games Spring Break Camp.

Little Big Shots

This multi-sport program introduces children to basketball, tee ball and soccer through a curriculum full of exciting and engaging games and activities. Parents are encouraged to follow the coach's instructions to assist in the games and activities. (No class 2/16, 2/17, 2/19.)

3-4 yrs Classes: 6

RP6314.602 Jan 30 9:30-10:15am Tu \$75

RP6314.603 Jan 30 6-6:45pm Tu \$75

Planet Recreation Spring Break Camp

Need fun, exciting, and safe full-day child care for Spring Break? This camp is offered at two of our finest recreational facilities. Campers, participate in a variety of activities, including sports, fitness, arts and crafts, nature, and much more. Activities take place both indoors and outdoors. Pool and swimming activities are also included in the camp's schedule! The focus is on having fun, staying fit, building character and boosting self-esteem. Instructors are American Sport Education Program certified coaches. Schedule is subject to change; camp is held rain or shine. Info: Greg Meyd, 410-313-1162 or gmeyd@howardcountymd.gov.

Grades K-5 Classes: 5

RP7006.702 Apr 2 8am-3pm M-F \$185

Planet Recreation Extended Spring Break Camp

Extend your child's day at this camp. After-camp care includes a variety of sports, games and other group activities. Campers must be enrolled in RP7006.

RP7005.702 Apr 2 3-6pm M-F \$89

Ultimate Sports & Games Spring Break Camp

Spend your spring break with us. Develops skills in basketball, flag football, kickball, lacrosse, baseball, soccer, and much more in this co-ed camp. Have fun, stay fit, build character and boost self-esteem. Activities take place both indoors and outdoors. Campers bus to the Roger Carter Community Center for a day of swimming activities! Instructors are American Sport Education Program certified coaches. Camp runs rain or shine. Bring a non-perishable lunch(no nut products) and a water bottle. An extended camp option is available. Info: Greg Meyd, 410-313-1162 or gmeyd@howardcountymd.gov.

8-13 yrs Classes: 5

RP7001.702 Apr 2 8am-3pm M-F \$169

Ultimate Sports & Games Extended Spring Break Camp

Extend your child's day at this camp. After-camp care includes a variety of sports, games and other group activities. (Must be enrolled in this camp below aftercare.)

RP7004.702 Apr 2 3-6pm M-F \$89

Volleyball

Volleyball Skills Development

Practice makes perfect! This program is for new players who enjoy this exciting sport and want to learn the basics. Develop skills and improve existing ones. Lessons emphasize sportsmanship, skill technique, hard work and fun in a team atmosphere. Learn skills such as passing, hitting, setting and serving. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

8-12 yrs Classes: 8

RP5892.601 Jan 22 6-7:30pm M \$130

13-17 yrs Classes: 8

RP5892.611 Jan 22 7:30-9pm M \$130

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information at www.howardcountymd.gov/concussion and www.howardcountymd.gov/suddencardiaccarrest.

Review of this information is required by law before you are allowed to register for youth sports programs.



3 GREAT CENTERS 1 LOW PRICE!

The Fit4U Package allows you to use our three community centers' fitness facilities and RCCC pool.

No enrollment fees.

Center membership included!

Pricing for 13-49 yrs

Yearly\$300 (R) / \$360 (NR)
(Comes to \$25/\$30 per month)

6 Months\$180 (R) / \$225 (NR)

3 Months\$105 (R) / \$135 (NR)

Monthly\$40 (R) / \$50 (NR)

Drop-In/Guest Rate.....\$5/visit

R = Resident

NR = Non-Resident

Benefits

- Access to the fitness & dance/aerobics rooms at (non-class) times.
- Use of the gymnasium during open and "drop-in" programs.
- Use of the swimming pool at RCCC during drop-in swim times.
- Access to the game rooms at GJACC and NLCC.
- Discounted Center activities and events.

Additional Information

- For ages 13-15 at all centers, parental supervision is required and each child must complete a mandatory orientation.
- Discounted rates available for members ages 3-12, parental supervision is required (includes use of the swimming pool and gymnasium during drop-in hours and programs but does not include fitness rooms).
- Discounted rates available for members ages 50+.
- Discounted rates available for two or more memberships purchased at the same time.
- Call for more pricing information.
Gary J. Arthur Community Center: 410-313-4840
North Laurel Community Center: 410-313-0390
Roger Carter Community Center: 410-313-2764

GJACC = Gary J. Arthur Community Center

NLCC = North Laurel Community Center

RCCC = Roger Carter Community Center